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American Business Women's Association Organizes Business Meeting with Red Cross Health and Safety Pointers on October 12th, 2010 in Hyannis

September 27, 2010, Hyannis, MA—Do you know what to do if someone is choking? Can you use an Automatic External Defibrillator? Join us for the American Business Women's Association (ABWA) Meeting on Tuesday, October 12th, 2010 at the Radisson Hotel Hyannis, Garden Room, Iyannough Road (Route 28), Hyannis. Karen Whiting and Casey Lutz from the Cape Cod and Islands, American Red Cross Chapter will offer emergency pointers. Networking will start at 5:30 pm with a buffet dinner at 6:05 pm, followed by a short business meeting and the Red Cross speakers and the ABWA member spot light.

To register for the October 12th ABWA meeting, please contact JoAnna Watson at (508) 685-6561 or send an email to reserve@abwacapecod.org. Dinner costs \$20 for members and \$25 for guests or for members without a reservation. Please register by October 6th, 2010.



*Karen Whiting, Director of Health and Safety,
American Red Cross, Cape Cod and Islands
Chapter.*

Karen Whiting is responsible for the Red Cross Chapter's Health and Safety educational programs, products, and services which are marketed to individuals, organizations and companies on Cape Cod, Martha's Vineyard and Nantucket. Casey Lutz joined the Red Cross instructor staff after arriving on Cape Cod in 2007 as an AmeriCorps volunteer and she has been teaching life saving skills classes ever since. She is a pre-school teacher with Barnstable Public Schools, teaches CPR to co-workers and parents and she is swim teacher and life guard for Sandwich Community Pool. The American Red Cross, Cape Cod and Islands Chapter, American Red Cross annually trains about 15,000 residents and business members in life saving and water safety skills.

Donna Walcovy of Marking Burials will be the member spotlight for the evening.

About the American Business Women's Association

The ABWA meets monthly to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

For more information about the ABWA, contact Chapter President Jane Bourette at jane@retirementmoney.biz, write to ABWA, P.O. Box 958, Barnstable, MA 02630, or sign up for the newsletter at www.abwacapecod.org.